

DINNERLY



Reduced-Carb Lamb Kofta Salad with Charred Tomato Salsa



30 minutes



2 Servings

Meatballs – they're so versatile and everyone loves them! Charred tomato adds a smoky twist to the salsa, and a side of sweet potato wedges fills tummies.

WHAT WE SEND

- 1 red onion
- 1 sweet potato
- lamb mince
- 5g kofta seasoning ¹⁷
- 1 tomato
- 100g mixed salad leaves

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 1 tbs red wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- oven tray
- baking paper
- medium frypan

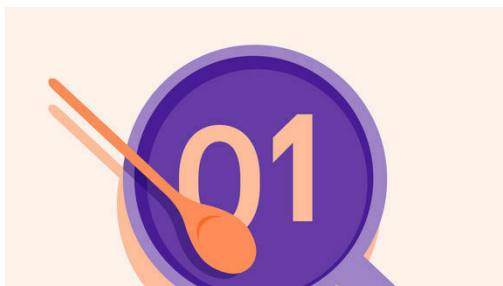
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 31.4g, Carbs 22.4g, Proteins 29.6g



1. Roast sweet potato

Preheat the oven to 200C. Line an oven tray with baking paper. Finely chop the **onion**. Crush **1 garlic clove**. Cut the **unpeeled sweet potato** into 1cm-thick wedges and put on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to combine. Roast for 25 mins or until golden and tender.



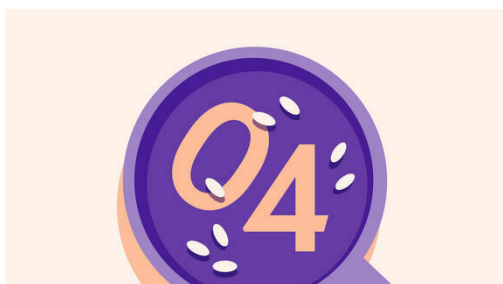
2. Make meatballs

Meanwhile, put the **lamb mince**, **kofta seasoning** and **half the garlic** in a large bowl, then season with **salt and pepper**. Using damp hands (see Kitchen hack), combine well, then shape into walnut-sized balls.



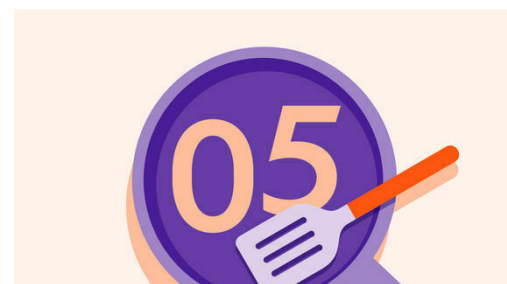
3. Char tomato

Heat a medium frypan over high heat. Cook the **whole tomato**, turning occasionally, for 5 mins or until charred. Remove the tomato and reserve the pan. When the tomato is cool enough to handle, carefully remove the blackened skin. Finely chop the flesh.



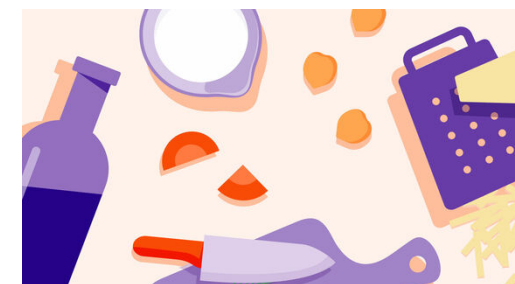
4. Cook meatballs

Heat **2 tsp olive oil** in the reserved pan over medium-high heat. Cook the **meatballs**, turning occasionally, for 5 mins or until browned and cooked through.



5. Serve up

Put the **onion**, **tomato**, **remaining garlic**, **1 tbs red wine vinegar**, **2 tsp olive oil** and **1 tsp honey** in a bowl. Season with **salt and pepper** and stir to combine. Divide the **salad leaves**, **sweet potato wedges** and **meatballs** among plates. Top with the **charred tomato salsa** and enjoy!



6. Kitchen hack

If you roll the meatballs with dry hands, you'll find the mince will stick to them. Rinse your hands under water or lightly oil them before rolling.